

Did you know?

There is a “critical period” of motor skills development in youth that if missed will limit a child’s athletic potential for the rest of his/her life. For girls this window of opportunity is 8-11 years of age and for boys it is 9-12 years of age.

The skills of running, jumping, and throwing form the basis of all land based sport and as such, RJT is a foundation program from which all youth can benefit.

Girls are often introduced later than boys to the basic skills needed to excel in sport.



RJT is:

- Inclusive for all abilities and maturational stages
- Broad based and progressive
- Gender equitable
- Adaptive to children/youth with disabilities

RJT stresses:

- Skills of RUNNING, JUMPING and THROWING in age appropriate sequential progressions
- FUN in a SAFE and ACTIVE learning environment
- Improvement in physical and emotional well being
- Equal opportunities for girls and boys



RJT is safe, fun, fair and inclusive...

- RJT promotes team building while also celebrating individual performance and effort.
- Teachers, parents and high school leaders can all be RJT instructors.
- RJT’s FUNdamental skills program is well-suited for children/youth with physical and intellectual disabilities.
- RJT can provide a fun interactive environment for rehabilitation.
- RJT skills benefit family activities like skiing, cycling and tennis, and can serve as an introduction to sports opportunities often not considered an option for children/youth with a disability.
- RJT trained Leaders can demonstrate skills and talk to groups about their experiences to show that RJT not only builds healthy bodies but improves self-esteem and lives.
- RJT can be delivered as an afterschool track and field program with competitive opportunities, or as a unit within a physical education program.